# Camden Community Center 3369 Union Ave., San José 95124

**Phone:** 408-559-8553 **Fax:** 408-559-1203 **Supervisor:** Mary O'Meara

Email: mary.o'meara@sanjoseca.gov

Bus Lines: 62 and 37

**Types of Programs:** Adult drop-in sports, adapted sports, fee classes, gym/fitness, rentals, and senior, swim and youth programs.

# ARTS AND CRAFTS

Art Adventures \$91

A favorite for preschoolers, this course blends creative drama, dance, music and visual arts for a one-of-a-kind program. Children explore the various arts disciplines with costumes, props, music, arts and crafts, and lots of imagination! Each week presents a different theme through fun and engaging activities: Fairy Tale Fun, Animal Adventures, Silly Stories, and much more! Through this course, preschoolers develop skills to prepare them for the next stage of growth: creative expression, movement and motor skills, socialization, language development and math concepts. Art Adventures is about exploring, creating, experimenting, and having fun. As a result, children build self esteem, are inspired to develop individual talents and realize the artist that lies within each of them! There are two classes offered: one class is a parent-child class (#253.4.421 parent participation required) and the other is a child only class (#253.4.422)

				Instructor: C.L.A.P.			
Course #	Day	Dates	Time	Age	Mtg.	Loc.	
253.4.421	Th	4/13-6/1	3:45-4:30pm	2-4	8	CM	
253.4.422	Th	4/13-6/1	4:30-5:15pm	3-5	8	CM	

# My First Art Class \$43

Spend quality time with your toddler creating art and having fun together! Each week will feature a new theme with five art stations all consisting of new and exciting projects. The class ends on a musical note with lots of singing and dancing and having too much fun! Parents must attend class with registered child only. Wear your grubbies. See instructor for an optional \$16 toddler art project.

No Class 4/21, 5/26			Instructor	: My F	irst Art	Class
Course #	Day	Date	Time	Age	Mtg.	Loc.
382.4.218	Th	4/13-5/4	9:30-10:30am	18-36m	n 4	CM
382.4.219	Th	4/13-5/4	10:45-11:45am	2-5	4	CM
382.4.221	Th	5/11-6/1	9:30-10:30am	18-36m	n 4	CM
382.4.222	Th	5/11-6/1	10:45-11:45am	2-5	4	CM
253.4.115	F	4/14-5/5	9:30-10:30am	18-36m	n 4	CM
253.4.116	F	4/14-5/5	10:45-11:45am	2-5	4	CM
253.4.118	F	5/19-6/9	9:30-10:30am	18-36m	n 4	CM
253.4.119	F	5/19-6/9	10:45-11:45am	2-5	4	CM

# **DANCE**

#### Ballet Tap \$49

Beginning lessons for ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained.

				Instructor: Doriano		
Course#	Day	Date	Time	Age	Mtg.	Loc.
382.4.203	W	4/12-5/31	11-11:55am	3-5	8	CM

#### Ballet/Tap Combo – Level 1 Beginner \$86

Come join the fun! This joyful introduction to tap and ballet teaches ballet positions and tap routines using basic steps. Students have lots of fun developing coordination and a sense of rhythm. Tap and ballet shoes REQUIRED. Parents may stay for the first and last class only.

No Class	5/29			Instructor: Dance Kids			
Course #	Day	Dates	Time	Age	Mtg.	Loc.	
253.4.211	M	4/10-6/5	11:30am-12:15	5pm 3-5	8	CM	
382.4.211	M	4/10-6/5	2:15-3pm	3-5	8	CM	

#### Belly Dancing-Beginning/Intermediate \$80

Learn to Belly Dance! This unique form of dance isolates body movement to build strength and flexibility. This class is low-impact and is ideal for all ages and body types. Get exercise and be in a fun and supportive environment. This class is offered for beginners as well as intermediate students.

				Instructor: Thompson		
Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.711	W	4/12-5/31	6-7:30pm	10+	8	CM

#### Bouncin' Babies \$86

A class for all you active bouncin' babies and parents to come play and have some fun together. Use bean bags, balls, rattles, and more. You can shake, rattle, and roll to exciting lively music with tambourines, shakers, drums, and other neat instruments. The class will also emphasize pre-walking and early walking skill. A great class for baby and you with so many things to do

No Class 5/29				Instructor: Dan	ce Kids
Course #	Day	Date	Time	Age Mtg.	Loc.
253.4.216	M	4/10-6/5	9:30-10:15am	10-18m 8	CM

# Dancin' Boogie Babies \$86

Come have some serious fun with your little one and do the Boogie Woogie Bear! You and your baby will sing and dance to lively nursery songs and children's show tunes. Jump, run, hop, and boogie away with hula hoops, dancing scarves, bean bags, and more.

No Class 5/29				nstructo	r: Dan	ce Kids
Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.207	M	4/10-6/5	10:30-11:15am	19-30r	n 8	CM
253.4.225	Th	4/13-6/1	9:30-10:15am	19-30r	n 8	CM

Keep the Activity Guide handy as a reference or recycle it by passing it along to a neighbor, friend or co-worker.



Hip Hop \$80

High-energy dance classes provide hours of fun while promoting teamwork and improving coordination, stamina and overall good fitness. Dance steps are introduced in easy-to-understand language. As students sharpen their moves and refine footwork, choreography is introduced. Instruction is broken down to simplify the learning process, thereby helping to instill confidence in all dancers. Course culminates with an exciting presentation!

No Class 5/29				Instructor: C.L.A.		
Course #	Day	Dates	Time	Age	Mtg.	Loc.
253.4.218	M	4/10-6/5	5:30-6:30pm	5-9	8	CM
382.4.218	M	4/10-6/5	6:30-7:30pm	9-14	8	CM

#### **Little Shining Stars**

\$86

A fun creative class designed specifically for pre-schoolers. Foster confidence and self-esteem in your child while they explore creativity and imagination through fun games and activities. Students will explore movement, puppetry, rhythm, mime, storytelling, and more. Your child won't want to miss out on this wonderful opportunity to experience the magic. Parents may stay for the first and last classes only.

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.209	Th	4/13-6/1	11:30am-12:15pm	4-5	8	CM

#### Terrific Tot Tumblers \$86

Come on mommy and daddy and bring your energized toddler to class for some fun and play. This special class will include activities such as, warm-up exercises and movements to music. The little ones will learn basic tumbling, somersaults, crabwalks, bear walks, bridges, and much more. Come play with hula-hoops, bean bags, balls, and blow bubbles while making some new friends! Parent participation.

Instructor: Dance Kids

Course #	Day	Dates	Time	Age	Mtg.	Loc.
253.4.205	T	4/11-5/30	10:30-11:15am	2.5-3.5	8	CM

# Tiny Tot Tap/Ballet - Beginner \$86

Come join the fun! This class is a joyful introduction to tap and ballet. Learn ballet positions and tap routines using basic steps and have lots of fun developing coordination and a sense of rhythm. Ballet and tap shoes are recommended.

Instructor: Dance Kids

Course #	Day	Dates	Time	Age	Mtg.	Loc.
253.4.207	T	4/11-5/30	9:30am-10:15pm	2.5-4.5	8	CM

#### Twinkle Toes Tap & Ballet \$86

This "serious fun" class for tiny tots will teach grace, coordination, balance and improve your child's rhythm. Simple ballet positions and steps will be taught to beautiful classical music. Ballet shoes are recommended. Parents may stay for first and last classes only.

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.208	Th	4/13-6/1	10:30-11:15am	3-5	8	CM

# MUSIC/THEATER ARTS

#### **Beginning Guitar**

\$64

Learn the basic chords, how to strum, pick and many easy songs to play with family and friends. Students must provide their own guitar. No electric guitars please. The 6pm class is for adults and youths.

instructor:					ctor: M	arcnese
Course #	Day	Date	Time	Age	Mtg.	Loc.
382.4.610	Th	4/13-6/1	5-6pm	9-15	8	CM
382.4.707	Th	4/13-6/1	6-7pm	9+	8	CM
253.4.420	T	4/11-5/30	5-6pm	9-15	8	CM
253.4.420	T	4/11-5/30	6-7pm	9+	8	CM

# Happily Ever After: Toddler Tales and Nursery Rhymes – **NEW**

\$80

Take a journey through Mother Goose and Fairytale Land! This parent/toddler class will introduce children to many classic fairy tales and nursery rhymes and provide a great space to socialize with other tiny tots. We'll make the stories come alive through music and song, creative movement, crafts and storytime. Enjoy some great quality time with your child while exposing them to the classics every child should know!

				Instructor:	C.L.A.P.
Course #	Day	Dates	Time	Age Mtg.	Loc.
382 4 421	Th	4/13-6/1	3·15-3·45nm	18-36mo8	CM

#### Piano Keyboard

\$74

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Access to a piano or keyboard is recommended. A \$7.50 music book fee payable to the instructor will be collected at the first class. Students must bring their own set of headphones. Please register your child in their appropriate level, for their age. Level I — Beginner level with NO prior keyboard or piano playing experience or lessons. Level II — Participant has completed Level II.

Instructor: Noteworthy

#### Level I

LC V C I I								
Course # Day	Dates	Time	Age	Mtg.	Loc.			
382.4.401 T	4/11-5/30	3:30-4:10pm	6-7	8	CM			
382.4.404 T	4/11-5/30	5:45-6:25pm	8-12	8	CM			
Level II								
Course # Day	Dates	Time	Age	Mtg.	Loc.			
382.4.403 T	4/11-5/30	5-5:40pm	6-12	8	CM			
Level III								
Course # Day	Dates	Time	Age	Mtg.	Loc.			
382.4.402 T	4/11-5/30	4:15-4:55pm	6-12	8	CM			

Camden Community Center continues on the next page



# If you see graffiti in a park, please call 408-277-2758

# **SPORTS & FITNESS**

#### **Family Karate**

\$57

A good physical activity for the whole family! Class is coed and fee is for each participant one child and one adult. Class promotes healthy activities for family and stresses the importance of exercise. **\$57** is per person.

			Instructor: Ca	mp Carte	Carter Internation		
Course #	Day	Date	Time	Age	Mtg.	Loc.	
382.4.214	F	4/14-6/2	6-6:50pm	5+	8	CM	

#### **Fun Fitness and Tumbling**

\$86

Come join this active, fun class. Students will learn basic front rolls, back rolls, somersaults, headstands, bridges, crabwalks, and more. Fitness warm ups and energized exercises to music are included. This class enhances your child's coordination, motor skills balance, strength, flexibility, and self confidence. Parents may stay for the first and last classes only.

No Class 5	5/29	In	Instructor: Dance Kids			
Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.203	М	4/10-6/5	1:15-2pm	3-5	8	CM
253.4.226	T	4/11-5/30	11:30am-12:15pm	3-5	8	CM

#### Karate - Beg./Int.

\$114

This is a traditional Japanese style of Karate that combines Japanese style culture, philosophy, history and language. Katas (forms) and tournament style kumite (sparring) are taught. Class includes self-defense and stresses the importance of self-confidence and mental discipline. Please see instructor for clothing and equipment requirements. An exam fee is additional.

No Class 5/2.	9	Instructor:	Camp Carter Internation			
Course # Da	ay Dates	Time	Age	Mtg.	Loc.	
382.4.213 M/	W 4/10-6/5	4-4:50pm	6-12	16	CM	

# **Camden Fitness Room**

- Open to ages 14 and up. A responsible adult must accompany youth 14 years of age for the entire duration of use.
- Receipt or Fitness Pass must be presented to fitness attendant on each visit.
- Shirts are required and sports shoes are mandatory for your safety.
- Please bring your own towel to wipe perspiration from equipment after use.
- Locker rooms include showers, restrooms, and day use lockers for your convenience.
- We reserve the right to refuse entry.

Hours: M/W/F: 10am-1pm ● 5-8:45pm Tuesday & Thursday: 8:15am-1pm Saturday: 9am-12pm

Sr. Fitness Club: Monday, Wednesday, Friday: 8:15-10am

#### **Kidz Love Soccer**

\$75

Now celebrating their 25th anniversary, Kidz Love Soccer introduced the game of soccer to over 500,000 children since 1979! Kids 3.5- 12 years of age learn the world's most popular sport from professional coaches licensed in the Kidz Love Soccer method; a session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages conducted in a noncompetitive, recreational format. Tot Soccer(3.5-4 yrs.): Young children will develop large motor skills while having fun running and kicking just like the big kids! Shin guards are required by the second meeting. Pre-Soccer (4-5 yrs): Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing, teaching environment. Shin guards are required by the second meeting. Soccer 1 (5-6 yrs.): Beginning players learn dribbling, passing, receiving, shooting, age specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small sided soccer matches will be introduced gradually. Shin guards are required by the second meeting. Soccer 2 (7-8 yrs) and Soccer 3 (9-12 yrs): Play the exciting game of Soccer! Explore the real sport, yet still in an instructional and nurturing environment. Be challenged by real soccer situation, venture into the fun tactical side of scrimmaging. Player 7-12 years will enjoy age appropriate soccer matches and be guided through the possibilities by a KLS youth specialist. Attack and Scoring goals! Place and Possession! Defense and Transition! Themes such as these and continued skill building will be explored fully on the soccer field by young soccer aficionados. Kidz Love Soccer...where the score is always Fun to Fun! Rainout Hotline: 1-800-871-2275.

No Class :	5/27		Instructor: Kidz Love Soccer				
Course#	Day	Date	Time	Age	Mtg.	Loc.	
382.4.504	W	4/12-5/31	5:05-5:35pm	3.5-4	8	CM	
382.4.505	Sa	4/15-6/3	9-9:30am	3.5-4	8	DA	
382.4.506	W	4/12-5/31	2:45-3:20pm	4-5	8	CM	
382.4.507	Sa	4/15-6/3	9:30-10:05am	4-5	8	DA	
382.4.508	W	4/12-5/31	3:20-4:05pm	5-6	8	CM	
382.4.509	Sa	4/15-6/3	10:05-10:50am	5-6	8	DA	
382.4.510	W	4/12-5/31	4:05-4:50pm	7-8	8	CM	
382.4.511	Sa	4/15-6/3	10:50-11:35am	7-8	8	DA	
382.4.512	W	4/12-5/31	4:05-5:05pm	9-12	8	CM	
382.4.513	Sa	4/15-6/3	10:50-11:50am	9-12	8	DA	
382.4.514	W	4/12-5/31	5:35-6:10pm	4-5	8	CM	

#### Mommy/Daddy & Me Soccer – New

\$75

Introduce yourself and your toddler to the "World's Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines.

No Class 5/	27		Instructor: Kidz Love Socce			
Course # I	Day D	ate	Time	Age	Mtg.	Loc.
382.4.520	Γ 4,	/11-5/16	9-9:30am	2-3.5	8	CM
382.4.521	Γ 4.	/11-5/16	9:30-10am	2-3.5	8	CM
382.4.522	Sa 4	/15-5/20	9-9:30am	2-3.5	8	DA
382.4.523	Sa 4.	/15-5/20	9:30-10am	2-3.5	8	DA

#### Little Ninja Fitness Fun

\$57

This fun filled class will give your child a great workout. Each little ninja will learn basic warm up exercise, karate moves and fitness exercises. This is a great way to give your tot the chance to use their energy in a positive way. Check with instructor on uniform, belt testing and certification at the end of the session.

			Instructor: Camp Carter Internationa				
Course #	Day	Date	Time	Age	Mtg.	Loc.	
253.4.502	F	4/14-6/2	9:30-10:20am	3-5	8	CM	
253.4.501	F	4/14-6/2	10:30-11:20am	3-5	8	CM	

#### **Parent Tot Gym Fun**

\$49

Class will consist of stretching, basic tumbling skills, games and songs. This class allows the child to interact with his/her age group with the parent in attendance. Parent must participate. No other children allowed in classroom except participants. Wear loose fitting, comfortable clothing.

				Instructor: Doriano		
Course#	Day	Date	Time	Age	Mtg.	Loc.
382.4.216	W	4/12-5/31	9-9:55am	2-3	8	DAA
382.4.216	W	4/12-5/31	10-10:55am	2-3	8	DAA

**Tennis** \$65

Learn to play tennis! Basic play, technique, and skills will be emphasized. Participants should wear comfortable clothing and tennis shoes, and must provide their own tennis racquet. It is a good idea to bring a full water bottle to each class meeting. Students must bring 2 cans of NEW tennis balls to class. Please note that the class will not be held on rainy days. Pee Wee Level: A fun, introductory tennis program for young children. Instruction focuses on play, techniques, and coordination. No experience required. Pee Wee students will need a youth size racket, which can be purchased at most sporting good stores. Note: Instructor typically will not hold class on the 2nd Saturday of each month. Location: **Paul Moore Courts** 

Instructor: Fernandez

#### Pee Wee Level

Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.504	T	4/11-5/23	2-2:45pm	5-7	6	PM
253.4.505	Sa	4/15-5/27	9:05-9:50am	5-7	6	PM
253.4.506	Sa	4/15-5/27	10-10:45am	5-7	6	PM

#### Level 1

Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.507	T	4/11-5/23	3-4pm	8-12	6	PM
253.4.508	Sa	4/15-5/27	12-1pm	8-12	6	PM

#### Level 2

Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.509	T	4/11-5/23	4-5pm	8-12	6	PM
253.4.510	Sa	4/15-5/27	11am-12pm	8-12	6	PM

#### **Ladies Tennis**

Course #	Day	Date	Time	Age	Mtg.	Loc.	
253 4 701	Sa	4/15-5/27	8-9am	17+	6	PM	

# **SPORTS LEAGUE**

#### Coed T-Ball League

\$48

The T-Ball League is a win-win program for 3-6 year olds. Participation, fundamental skills, teamwork and sportsmanship are emphasized. There will be a coaches meeting at Camden Community Center on Tuesday, March 21 from 7-8:30pm. Clinic: Saturday, April 8. Clinic times are for April 8 only. Game times will not be the same as your clinic time. Teams will be selected randomly. Pizza, drinks and awards are provided. **Location:** Paul Moore Park (Corner Cherry & Hillsdale.)

Instructor:	Staff
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Course#	Day	Date	Time	Age	Mtg.	Loc.
253.4.901	Sa	4/8-5/13	10-11:15am	3-4	6	JM
253.4.902	Sa	4/8-5/13	11:30am-12:45	om 5-6	6	JM

# SUMMER CAMPS

#### **Hot Feet Day Camp**

\$200

Paul Moore Park (Corner of Cherry & Hillsdale)

Hot Feet Day Camp is a two week program full of fun activities for boys and girls ages 7-12 years old. The program includes arts & crafts, sports, games, special events, trips, barbecues and much more! Participants must meet the age requirements by first day of camp. Registration is limited to space available. Each camper should bring a bag lunch daily. Note: Times may vary on Trip Days.

No Camp 7/4 Instructor: Staff

Trips are listed as follows:

Session 1 (9 Blackberry F Great Ameri	arm	Session 2 (902) Blackberry Farm Raging Waters			
Session 3 (9 Blackberry F	-	Session 4 (904) Blackberry Farm			
Boardwalk		Marine World			
Course # D	Day Date	Time	Age	Loc.	
253.1.901 N	И-F 6/19-6/30	10am-4pm	7-12	PM	
253.1.902 N	Л-F 7/3-7/14	10am-4pm	7-12	PM	
253.1.903 N	<i>I</i> I-F 7/17-7/28	10am-4pm	7-12	PM	
253.1.904 N			7-12		

#### SJAS Summer Drop-in Recreation

Summer Drop-in Recreation activities include arts and crafts, special events, tournaments, and much more. The program is FREE, but there may be a nominal charge for special events. The program is a "dropin program and not a licensed child care. Leaders are only responsible for children signed into the program.

Grades	Days	Dates	Time	Loc.	
1st-5th	M-F	6/19-8/11	9am-2pm	HP	

Camden Community Center continues on the next page

The date, time, and location of activities published are correct at the time of publication. Due to unforeseen circumstances, the information published may change.

7/10-7/14



#### **Kids Love Soccer Camps** \$78\*/\$98\*\*/\$172\*\*\* Course # Day Date Time Age Mtg. Loc. 7/10-7/14 382.1.xxx M-F 9-10:30am\* 4.5 - 65 LH 382.1.xxx M-F 7/10-7/14 9am-12pm\*\* 7-8 5 LH 5 382.1.xxx M-F 7/10-7/14 9am-12pm\*\* 9-12 LH

#### SKYHAWKS SPORTS CAMPS

9am-4pm\*\*\*

#### **Skyhawks Soccer Camp**

\$140

LH

5

5-12

Young athletes learn the fundamental skills of soccer through fun games and exercises. Afterwards, participants will get a chance to test their new expertise in skills and strategy with interactive group activities, games and scrimmages. Participant-to-coach ratio is approximately 14:1.

Soccer participants must bring:

• Shin Guards

382.1.xxx M-F

- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Lunch, Snack & Water Bottle (for programs over four hours)
- Shoes (running shoes are fine)
- Sunscreen

Soccer participants will receive:

• Soccer Ball, T-shirt & Player Evaluation form filled out by their coach.

Course #	Day	Dates	Time	Age	Mtg.	Loc.
382.1.566	M-F	6/19-6/23	9am-3pm	6-14	5	Doerr
382.1.567	M-F	7/10-7/14	9am-3pm	6-14	5	Butcher
382.1.568	M-F	7/24-7/28	9am-3pm	6-14	5	CM
382.1.569	M-F	7/31-8/4	9am-3pm	6-14	5	Doerr
382.1.570	M-F	8/14-8/18	9am-3pm	6-14	5	DA
382.1.571	M-F	8/21-8/25	9am-3pm	6-14	5	Doerr

#### **Skyhawks Basketball**

\$140/84\*

Designed for beginning and intermediate basketball players, participants learn new skills while building upon the fundamentals. Participants have a great time as they refine their passing, shooting and dribbling skills. Participants put these abilities to the test at the end of the week in a tournament. Participant-to-coach ratio is approximately 10:1.

Basketball participants must bring:

- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Lunch, Snack & Water Bottle (for programs over four hours)
- Shoes (running shoes are fine; no black soles)

Basketball participants will receive:

• Basketball, T-shirt & Player Evaluation form filled out by their coach.

Course #	Day	Dates	Time	Age	Mtg.	Loc.
382.1.532	M-F	6/19-6/23	10am-4pm	7-14	5	CM
382.1.533	M-F	6/26-6/30	10am-4pm	7-14	5	CM
382.1.534	W-F	7/5-7/7	10am-4pm	7-14	3	CM*
382.1.535	M-F	7/10-7/14	10am-4pm	7-14	5	CM
382.1.536	M-F	7/17-7/21	10am-4pm	7-14	5	CM
382.1.537	M-F	7/24-7/28	10am-4pm	7-14	5	CM
382.1.538	M-F	8/14-8/18	10am-4pm	7-14	5	CM
382.1.539	M-F	8/21-8/25	10am-4pm	7-14	5	CM

#### Skyhawks Flag Football

\$110

A great way for kids to be introduced to football, a sport rich in tradition. And because it is flag football, the introduction is both safe and fun. Players learn valuable football skills - catching, passing and deflagging as well as the rules and the strategies of offense and defense. Participant-to-coach ratio is approximately 14:1.

Flag Football participants must bring:

- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Lunch, Snack & Water Bottle (for programs over four hours)
- Two Snacks & Water Bottle (for programs four hours or less)
- Shoes (running shoes are fine)
- Sunscreen

Flag Football participants will receive:

• Football, T-Shirt and Player Evaluation form filled out by their coach.

Course #	Day	Dates	Time	Age	Mtg.	Loc.
382.1.547	M-F	6/26-6/30	9am-12pm	7-14	5	Houg
382.1.548	M-F	6/26-6/30	9am-12pm	7-14	5	KR
382.1.549	M-F	7/31-8/4	9am-12pm	7-14	5	Lon H
382.1.550	M-F	8/7-8/11	9am-12pm	7-14	5	Doerr

#### Skyhawks Beginning Golf

\$120

Beginning Golf programs will be offered separately for children aged 5 to 8, and 9 to 11. For Beginning Golf, Skyhawks will be combining the SNAG Coaching System and equipment, with our flair for safe and fun sports instruction. What is SNAG? SNAG is the revolutionary new system for training beginning golfers using the most fun golf equipment around. SNAG has created an entirely new approach to learning golf, one that is fun, creative and educational. Instead of swinging and missing the traditional golf ball, our golfers will experience success by using larger, softer Snagballs that:

- Are safer; Are easier to hit;
- Significantly close the gap between the shots of the novice and the shots of an expert;
- Work in any environment (grass, dirt, pavement); and
- Stick to the Flagsticky.

Instead of putting into belowground cups, beginning golfers will aim for the Flagstickys - three-dimensional, aboveground Velcro targets that retain the qualities of the traditional golf hole.

Instead of parents investing in expensive golf clubs, Skyhawks will provide Launchers and Rollers designed with larger heads and greater hitting surfaces that:

 Make it easier to hit the ball while learning proper swing techniques; and allow for a wider variety of shots.

Skyhawks' goal is to build confidence while teaching proper technique and etiquette. Beginning Golf - don't putt it off another minute! Participant-to-coach ratio is approximately 8:1.

Beginning Golf participants must bring:

- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Two Snacks & Water Bottle
- Shoes (running shoes are fine)
- Sunscreen

Beginning Golf participants will receive:

• T-Shirt.

Course #	Day	Dates	Time	Age	Mtg.	Loc.
382.1.541	M-F	6/26-6/30	9am-12pm	5-8	5	Butcher
382.1.542	M-F	7/17-7/21	9am-12pm	5-8	5	KR
382.1.543	M-F	8/14-8/18	9am-12pm	5-8	5	Doerr



#### **Skyhawks Tennis**

\$110

Our tennis program provides the beginning and intermediate player with the fundamental skills needed to participate in this lifelong sport. Participants learn proper techniques including grip, footwork, ground strokes, volleys, overheads and serves. We also cover the rules and etiquette of the game. Drills and Skyhawks games improve the abilities of players in a fun fashion. Participant-to-coach ratio is approximately 8:1. (We utilize one court for eight kids.)

Tennis participants must bring:

- Tennis Racket
- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Two Snacks & Water Bottle (for programs four hours or less)
- Shoes (running shoes are fine)
- Sunscreen

Tennis participants will receive:

• T-Shirt and Player Evaluation form filled out by their coach.

Course #	Day	Dates	Time	Age	Mtg.	Loc.
382.1.573	M-F	6/26-6/30	9am-12pm	7-14	5	Doerr
382.1.574	M-F	7/10-7/14	9am-12pm	10-14	5	PM
382.1.575	M-F	7/17-7/21	9am-12pm	7-14	5	Doerr
382.1.576	M-F	7/24-7/28	9am-12pm	7-14	5	НО
382.1.577	M-F	7/31-8/4	9am-12pm	7-14	5	PM

#### Skyhawks Baseball

\$140

Tailored to beginning and intermediate players, this program teaches skills required for success in youth baseball. We have found that the use of safety bats and balls has helped to strengthen the spirit and pace of the game, while maintaining safety. Participant-to-coach ratio is approximately 12:1.

Baseball participants must bring:

- Baseball Glove (Please have your name and phone number marked on the glove.)
- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Lunch, Snack & Water Bottle (for programs over four hours)
- Shoes (running shoes are fine)
- Sunscreen

Baseball participants will receive:

• Baseball, T-shirt & Player Evaluation form filled out by their coach.

Course #	Day	Dates	Time	Age	Mtg.	Loc.
382.1.530	M-F	7/17-7/21	9am-3pm	6-12	5	Doerr
382.1.531	M-F	8/7-8/11	9am-3pm	6-12	5	Butcher



#### Skyhawks Lacrosse - NEW

\$110

The Skyhawks Lacrosse program was founded in Arlington, MA, and has quickly gained popularity in our other program areas. Enjoy a fun week of skill-building activities designed to improve your stick handling, cradling, passing, shooting, and defensive skills. Our co-ed lacrosse program is non-contact and skill-based. Participant-to-coach ratio is approximately 12:1.

Lacrosse participants must bring:

- Protective gloves AND Elbow pads
- Mouthpiece
- Helmet with full mask (for boys & girls)
- Lacrosse Stick
- Shoulder Pads (recommended)
- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Lunch, Snack & Water Bottle (for programs over four hours)
- Two Snacks & Water Bottle (for programs four hours or less)
- Shoes (running shoes are fine)
- Sunscreen

Lacrosse participants will receive:

• T-Shirt and Player Evaluation form filled out by their coach.

Course #	Day	Dates	Time	Age	Mtg.	Loc.
382.1.553	M-F	7/10-7/14	9am-12pm	7-14	5	Lone Hill

#### Skyhawks Mini-Hawk

\$110

An introductory program for young children, Mini-Hawk helps children explore soccer, baseball and basketball in a day-program setting. No pressure, just lots of fun while these young athletes participate in all three sports through unique Skyhawks games. Our Mini-Hawk coaching staff is trained to meet the special needs of young children. Staff are committed to helping children start off on the right foot, as they take their first steps into athletics. Participant-to-coach ratio is approximately 8:1.

Mini-Hawk participants must bring:

- Shin Guards
- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Two Snacks & Water Bottle
- Shoes (running shoes are fine)
- Sunscreen

Mini-Hawk participants will receive:

• Mini-Basketball & T-shirt.

Course #	Day	Dates	Time	Age	Mtg.	Loc.
382.1.556	M-F	6/19-6/23	9am-12pm	4-7	5	KR
382.1.557	M-F	7/24-7/28	9am-12pm	4-7	5	Doerr
382.1.558	M-F	8/7-8/11	9am-12pm	4-7	5	CM
382.1.559	M-F	8/14-8/18	9am-12pm	4-7	5	Lone Hill
382.1.560	M-F	8/21-8/25	9am-12pm	4-7	5	CM

Camden Community Center continues on the next page

Parks and Recreation is for everyone!

Let us know what accommodations we can
make to meet your needs.

#### **Skyhawks Mighty-Hawk**

\$110

Mighty-Hawk programs were developed in response to increasing demands for shorter sport specific programs for children aged five to eight. Unlike our full-day sport programs designed for 7 to 14 year-olds, the Mighty-Hawk programs were designed with a half-day format. Skyhawks offers half-day Mighty-Hawk programs in Soccer, and Basketball, and our focus remains on teaching the fundamentals in a fun and creative atmosphere. The shortened program format will allow beginning athletes to experience sport-specific instruction in a non-competitive setting. Mighty-Hawk Participant-to-coach ratio is approximately 10:1.

Mighty-Hawk participants must bring:

- T-shirt/shorts/sweats/socks (i.e., appropriate clothing)
- Two Snacks & Water Bottle
- Shoes (running shoes are fine)
- Sunscreen
- Shin guards (Mighty-Hawk Soccer participants)

**Dates** 

Mighty-Hawk participants will receive:

- Sport-related Ball and T-Shirt.
- Mighty-Hawk Tennis players will receive a T-Shirt only.

#### Soccer

Course # Day

382.1.555 M-F	6/26-6/30	9am-12pm	5-8	5	НО
Basketball	5.	<b>-</b>			
Course # Day	Dates	Time	Age	Mtg.	Loc.
382.1.552 M-F	8/07-8/11	1-4pm	5-8	5	CM

Time

Age

Mtg.

Loc.

# **Camden Youth Center**

PC Laptops, Wireless Internet • Flat screen TV's!

Pool Table • Ping pong • Sports Leagues

Great staff! • Foosball • XBOX & PS2

Air Hockey • Gymnasium

We want to welcome you to our newly renovated Camden Youth Center! Who said recreation and leisure stops after elementary school?

Our Youth Center is fully furnished with the latest table games, video games, and portable PC lap tops with study tables!

Hours: Monday-Friday 3-7pm
Age requirements: 12-18 years old
Cost: FREE!



City of San José Department of Parks, Recreation, & Neighborhood Services
Camden Community Center, 3369 Union Ave., San José, CA 95124
408.559.8553 (Voice) - 408.559.1203 (FAX)

# **SPORTS CAMPS**

#### Summer Basketball Camp

\$60

John Muir Middle School-1260 Branham Lane

Camps will be given by teacher/coach Lou Ayala, former coach of the boys and girls varsity basketball teams at Pioneer High school. This will be coach A's 15th Annual Session of sports camps for Camden. The fundamentals of basketball will be taught, as well as more advanced skills. The basics such as dribbling, passing shooting, footwork, screening and strategies will also be developed. Learn and have fun in basketball camp! Drinks and awards (cards) are provided.

Instructor: Coach Ayala

Course #	Day	Date	Time	Grade	Loc.
253.1.905	M-F	6/19-6/23	9-11:30am	C.3rd-5th	JM
253.1.906	M-F	6/26-6/30	1-4pm	G.6th-8th	JM
253.1.907	M-F	7/10-7/14	3-4:30pm	1st-2nd	JM
253.1.908	M-F	7/24-7/28	3-5:30pm	B.6th-8th	JM
253.1.909	M-F	8/7-8/11	1-4pm	C.6th-8th	JM

# **ADULT CLASSES**

Adult Karate \$57

This is a traditional Japanese style of Karate that combines Japanese style, culture, philosophy, history and language. This class provides an atmosphere that allows adults to learn the art of Karate, includeing self defense while stressing the importance of self confidence and mental discipline.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.4.703	Th	6/29-8/17	6-6:50pm	16+	8	CM

#### **Beginning Ballroom**

\$114

Learn beginning dance fundamentals. Positions, step patterns, lead/follow, and etiquette will be taught. Social dance is a great way to meet people, build confidence, and get a swinging workout. Informal dress is fine. Please wear shoes with smooth surface and come prepared to dance your socks off. Instructor Jason Esswein has been teaching social dance for 15 years at Junior colleges and community centers in the Bay Area. His patience and dedicated style of instruction makes learning to dance comfortable and fun for all ages.

Instructor: Esswein

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.4.7xx	М	6/26-8/14	7-8pm	18+	10	CM

#### **Aerobic Kick Boxing**

\$57

Want a high energy, fun way to exercise? Then this class is for you. Aerobic kickboxing is great for toning muscles, strengthening your cardiovascular system, and losing weight. The ultimate overall workout. Get physically fit and learn several self defense techniques at the same time. If you like tae-bo, you'll love this class. You will need cloth fist pads which may be purchased from a sporting goods store or from the instructor.

Instructor: Camp Carter Int.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.4.705	T	6/29-8/22	5-5:50pm	16+	8	CM
382.4.706	F	6/30-8/18	9:30-10:20am	16+	8	CM



\$84

# China Painting

Learn the techniques of painting on porcelain. Create jewelry boxes, plates, and tomorrow's treasures. The instructor will notify students of what and where to purchase supplies before the first class meeting. Cost of the supplies is approximately \$50 for beginners.

				In	structo	r: Otey
Course #	Day	Dates	Time	Age	Mtg.	Loc.
253 4 703	М	6/26-8/14	6·30-9·30nm	16+	8	CM

Hatha Yoga \$85

A contemporary blend of traditional and non-traditional Hatha Yoga. Class works on breathing, flexibility, endurance, strength, and relaxation. Students work at their own level. Wear loose clothing and bare feet. Bring a large towel.

				Instructor: Jamello		
Course #	Day	Dates	Time	Age	Mtg.	Loc.
253.4.711	W	6/28-8/16	9:30-11am	16+	10	CM

#### Jazzercise \$43 One Month

When you love your workout, results come easy! Each 60-minute class combines elements of jazz dance, resistance training, pilates, yoga, kick-boxing, and more to create truly effective programs for people of every age and fitness level. The easy-to-follow, fun choreography includes a warm up segment, 35-minute aerobic workout, muscle toning and strengthing segment with weights, and a cool-down stretch finale. Classes are ongoing. Ask about the \$43/month Easy Fitness Ticket. (You may attend any and all classes offered.) For more information call Catherine Moore at 408-248-2480, or visit www.southbayjazz.com. Classes are offered at Camden Monday through Friday from 9-10am, and Monday and Wednesday evenings from 5:30-6:30pm in the gym.

#### Pilates For Beginners

Pilates is a type of body conditioning that uses your own body's natural resistance to strengthen, tone and stretch your abdominal, back and leg muscles, improving your posture, building stronger and more flexible muscles and increasing your energy. Students need to bring a mat with them to class.

		Instructor:		Camp Carter Internationa		
Course #	Day	Date	Time	Age	Mtg.	Loc.
253.4.713	Т	6/27-8/22	7:05-7:55p	m 16+	8	CM

#### Beg. Modern Western Square Dancing - NEW \$78

Enjoy the variety and action of modern western square dancing. You will be dancing right from the start. The caller sings directions set to many different types of popular music. The eight dancers in each square act as a team to complete the calls. Moving in rhythm to the music helps you to become physically fit. Reacting quickly to the calls keeps you mentally alert. Dancing in teams is a great way to meet new people and make new friends. Enjoy the moving patterns of the dance and forget your worries of the day. Open to singles and couples. No experience or special costume required. Wear comfortable, non-marring shoes. Class price is per person.

				mstructor: Roger Smitt		
Course#	Day	Date	Time	Age	Mtg	Loc
382.4.712	T	6/27-8/22	7-9pm	16+	10	CM

#### Yoga \$57

Learn deep relaxation techniques that can remove the stress from your day in this beginning level yoga class. The basic moves of yoga can enhance you physically, mentally and emotionally to make each day more beautiful. Come learn these great techniques in a relaxing atmosphere.

				Instructor:	Camp	Carter
Course#	Day	Date	Time	Age	Mtg.	Loc.
392 / 710	т	//11 <sub>-</sub> 5/30	6-6:50nm	16.	Q	CM

# YOUNG PEOPLE'S THEATER COMPANY

#### Grade levels are for this school year 2005-2006

All Camps and Workshops will be held at Kirk Community Center's Theater (1601 Foxworthy Ave., San Jose). For more information, a program flyer and mail-in registration forms Call 408-723-1571 (Kirk Community Center) and ask for Donna Becker.

#### Springtime Events: WIZARD OF OZ, JR.

Performances will be held in early May, 6. Call Donna Becker for ticket information and availability 408-723-1571 after April 1.

#### **Upcoming Summer YPT Camps for grades K-12**

All camps for grades 2-12 meet Monday through Thursday 1-5pm, and 1-7pm on Friday for a show in our outdoor amphitheater.

#### All camps/workshops for grades K-1

Have different days and times. Call Donna Becker for more information 408-723-1571.

# "Annie" Drama Bootcamp (Gr. 2-3, 4-5 & 6-12)

In preparation for our Fall / Winter Production of the musical "Annie," YPT will be offering 3 age appropriate Annie Camps for all interested Orphans!

#### Fine Arts Camp (Gr. K-1)

YPT will be offering an introduction to the World of Theater and the Arts in this one-week performance camp specially created for all students in Kindergarten and First grade in school year 05/06. Please no preschoolers. Proof of Kindergarten will be required.

# Audition Workshop (Gr. K-1)

For our youngest orphans, YPT will be offering an age appropriate "Annie" audition workshop. Please no preschoolers. Proof of Kindergarten will be required.

#### Bootcamp Drama (Gr. 2-3 & 4-5)

Theater Activities will be created into a camp show and presented in our outdoor Ampitheater.

Camden Community Center continues on the next page

\$57

#### **Art Camp (Gr. 4-6)**

The Various mediums of Art: Abstract, Papier Mache, Fimo Clay, Wood Crafts, Beading, Group Murals, Stone Art, Photography and more will be explored and presented at an Art Show at the end of the week.

Call Donna Becker for a Summer Camp / Workshop Flyer Available after April 1, 2006.

# **AQUATICS PROGRAMS**

For information on Aquatics programs at Camden see page 37.

# SAN JOSE AFTER SCHOOL

# Camden Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering afterschool programs, please contact 408-277-5748.

#### Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites offer integrated recreation, literacy and math enrichment programs.

Level 3: Integrated and Comprehensive Approach After School Programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Please contact your Community Center for more information on program site levels.

Sites	Time
Ida Price Middle School	*
Fammatre Elementary School	2:30-5pm

<sup>\*</sup> Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).



# **Don't Miss Out!**

Register early because a class may be cancelled if it does not meet the minimum enrollment.

# Emma Prusch Farm Park

647 S King Road, San José 95116

Phone: 408-926-5555 Fax: 408-277-3820 Supervisor: Gina Aning

Email: gina.aning@sanjoseca.gov

Bus line: 22, 25, 77 Hours: 8:30am-Sunset

Types of Programs: Children's farm tours, building, picnic rentals,

and special events.

# SPECIALTY CLASSES

#### Feed the Farm Animals

Kids will have the opportunity to assist park staff in feeding the ducks, goats, chickens, rabbits, geese, sheep, and miniature pig. Limited to the first 20 children to register.

Instructor: Park Staff

Course	Day	Date	Time	Age	Mtg	Loc
420.4.601	Sa	5/6	9-10am	all	1	EP

# **SPECIAL EVENTS**

(Please note: events are subject to change or be cancelled – please call ahead for more information)

#### Story Road Tamale Festival - NEW

**FREE** 

Saturday, June 3 • 10am-6pm

Join park staff and the Story Road Business Association for the annual Tamale Festival. Since the time of the Mayans, tamales have been a traditional food celebration in Mexico, Central & South America. Tamale lovers will enjoy great food, children's activities, and two stages of cultural entertainment. There will also be a tamale eating contest, the best tamale contest, cooking demonstrations and arts & crafts. Visit the website for more info: www.storyroad.org

#### Construction ongoing at Prusch Farm Park

The much-awaited "Build Out" of the park began October 2005 and is scheduled for completioin during summer 2006. This project will cover the realignment of Knox Avenue, renovation of two parking lots and addition of parking spaces, renovation of the Heirloom Garden, construction of a "gazebo", and construction of a new playground. This project is funded by the Measure P Bond, which was passed in 2000. FOR YOUR SAFETY, PLEASE NOTE ALL CAUTION SIGNS WHILE CON-STRUCTION IS IN PROGRESS. If you are interested in knowing more about the construction at the park, please consult the reader board at the main entrance or call 408-926-5555 for more information.